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HOMEMAKERS' CHAT FRIDAY, JULY 19, 1940

(FOR BROADCAST USE ONLY)

SUBJECT: "VACATION COOKERY." Information from the Bureau of Home Economics, U. S. Department of Agriculture.

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I'm sure you've heard the old saying, "A woman's work is never done." But I hope you don't believe that. With the right kind of planning, you can serve appetizing, well-balanced meals--and still have time for a vacation right at home.

During the summer there are so many interesting things to do....the flower garden beckons---there's a book you've started to read---the children suggest a swim---a neighbor drops in to chat---or perhaps you'd like an hour of just doing nothing. There's time for all these things, if you've planned for simple meals an easy cooking.

If you want to cook and have a vacation at the same time---make out your market list a week ahead. Of course, you'll need to get your fresh fruits and vegtables as often as possible--but avoid hurried trips to the store for flour--sugar potatoes--and other staple groceries. Do your marketing early in the morning when the selection is best and the weather is coolest. If there are teen-age children in the family, take them along and give them a chance to try picking out fruits and vegetables. It's good experience for them, and by the end of the summer they may be able to take over much of the marketing.

In planning your vacation-time meals you'll want plenty of cool, refreshing dishes....jellied soups--cold cuts of meat--crisp salads--iced beverages--and frozen desserts. These are foods you can get ready right after breakfast--so there'll be the least possible cooking at meal time.

But there must be at least one hot dish--even on hot days. The easiest are those that you can cook quickly on top of the stove. That's where ground meat patties and hearty egg dishes such as ham omelet or curried eggs come in.

Occasionally you'll want a roast or a good sized piece of cured meat--corned beef, pork shoulder, or ham. If you get a piece of meat large enough for serving cold and use in left-over dishes, your cooking will be simpler on the days to follow.

With cold meat, you'll probably want hot vegetables. And this is the time of the year to "play up" vegetables. You'll find all sorts on the market. Low in price too, because they come from nearby farms.

You might choose fresh peas for their bright green color--roasting ears of white or yellow corn--or plump red tomatoes to broil and bake. In most localities snap beans and lima beans are also at their peak--the season for yellow squash is beginning. And don't forget about tender new beets and carrots. Just naming a few of the common vegetables reminds me of colorful vegetable plates--grand for summer meals.

If you want to stretch your "vacation" until the last minute before dinner--wash your vegetables as soon as they come from the market, so they'll need less preparation later on. That's another job the children can help with. And they'll enjoying getting vegetables ready, if you make it seem like an interesting project.

But if you're teaching the family to help you cook, let them do more than scrape carrots and scrub potatoes. Give them a chance to plan meals and carry through all the cooking--from the main dish to the dessert. If you use patience and praise in the beginning, most children of high school age can turn out excellent meals. And if they get enough practice, they may become experts.

Now let's go back to vegetables for a minute. You know they're at their best when cooked quickly--for as short a time as possible. Most of them take only a few minutes to get tender. So you can see how well they fit in with a plan for vacation cooking.

Summer fruits solve the dessert problem for the simple meals you're planning these days. The melon season is well under way--and you'll want to have melo. often, to make the most of them while they last. You might choose the big pink-fleshed watermelons dripping with juice, or the more convenient cantaloupes--honey balls--or honey dews.

And there are plenty of smaller fruits on the market, too. Why not have a fruit bowl filled with your choice of summer fruits....peaches--plums--grapes--or apricots....and perhaps some year-round apples--pears--bananas--or oranges. Have the fruit bowl handy for between meal snacks, as well as for dessert.

Of course you can use the summer fruits--berries especially--in all sorts of desserts. Puddings--pies--tarts--dumplings--and frozen desserts can be quite simple. Ice cream and sherbets probably are the easiest to make--you can mix them in a hurry, and there's no last-minute bother.

Now just a suggestion about beverages for summer meals. Iced drinks are always in demand during the hot weather. So you'll find that a jar of sugar sirup-made up ahead of time and stored in a cool place--will be a big help in making a pitcher of lemonade or other fruit-ade. But don't let these iced drinks take the place of the daily quart of milk for children, and the pint for adults. Milk, itself, is refreshing when served cold. And, of course, it must be kept cold if it is to stay fresh and sweet. As a surprise dessert, have you tried a milk-shake--made by beating milk with chocolate sirup or sweetened fruit juice or the pulp of a very ripe banana? One of these cold milk drinks and a crisp cooky or a slice of plain cake is a happy ending for a "vacation" meal.

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